

Quorn® Fajita Wraps

with Greek yoghurt and tomato and red onion salsa

VEGGIE
REBEL

Ingredients



Serves
4

Marinade

- 200g Quorn pieces, defrosted
- 1 x 15ml spoon Vegetable oil
- 2 x 5ml spoons smoked paprika
- 1 x 5ml spoon ground cumin
- 1 x 5ml spoon ground coriander
- ½ x 5ml spoon chilli powder

Fajitas vegetables

- ½ red onion
- 1 red pepper
- 1 orange pepper
- 1 clove garlic
- 150g mushrooms, button or chestnut
- 1 x 15ml spoon vegetable oil
- 200g tinned kidney beans or black eyed beans
- 100g baby spinach leaves

For the tomato & red onion salsa

- 400g tomatoes
- 1 red onion
- 1 red chilli
- 1 bunch fresh coriander
- 1 lime

Seasoning

To serve

- 4 wholemeal tortilla wraps
- 30g reduced fat Cheddar cheese
- 100ml 0% Greek yoghurt

Equipment



- Scales
- Measuring spoons
- Chopping board
- Sharp knife
- Plate for chopped vegetables
- Garlic crusher
- Tin opener
- Colander
- Cheese grater
- Large frying pan
- 2 x mixing bowls
- Zester or fine grater



Allergen information Wheat, Egg, Milks



Nutrition per serving

Calories	Fat	Sat. Fat	Sugars	Salt
457	16g	3.4g	15g	1.6g
kcal	MED	LOW	LOW	MED

4 of your
5-a-day



High in
Protein



Low in
Sat Fat



High in
Fibre



Carbon Footprint

0.53

kg CO₂e per portion

2.8

Average daily CO₂ emissions
per person (from food)

Method

For the marinade

1. Place the defrosted Quorn pieces in a bowl and add the oil and all the spices. Stir well so that all the Quorn pieces are coated in the oil and spice mixture.

For the fajitas

1. Peel and thinly sliced the red onion. Place vegetables onto a plate as you chop them.
2. Cut the tops off the peppers and remove the seeds then thinly slice.
3. Peel and crush the garlic.
4. Wipe the mushrooms with damp kitchen paper and roughly slice.
5. Drain the beans in a colander.
6. Heat the oil in a large frying pan and add the Quorn pieces. Fry, for 2-3 minutes, stirring continuously.
7. Add the onion and peppers to the pan and continue to cook for 3 – 4 minutes.
8. Add the garlic, mushrooms and spinach and fry for another 2 – 3 minutes or until all the vegetables have softened and the spinach has wilted.
9. Lastly, add the beans and cook for another minute to heat through.

For the salsa

1. Cut the tomatoes into 1cm squares and place into a mixing bowl.
2. Peel and finely dice the red onion, add to the mixing bowl.
3. Cut the chilli in half, remove the seeds then finely chop and add to the bowl.
4. Wash the coriander, remove the stalks and chop the leaves.
5. Zest and juice the lime and add to the bowl. Stir well to combine all the salsa ingredients. Add seasoning if required.

To serve

1. Place a wrap onto a chopping board, fill with a quarter of the fajita mixture and top with a quarter of the grated cheese.
2. Tuck in the sides of the wrap by about 2cm each side and roll up tightly from the bottom, keeping the sides tucked in. Cut each wrap in half on the diagonal to expose the filling.
3. Repeat with the other 3 wraps.
4. Alternatively leave the wraps open to let everyone help themselves to the fillings.
5. Place the Greek yoghurt and salsa into serving bowls for everyone to help themselves.

Skills used

Measuring, chopping, frying, zesting, wrapping tortillas.

Top tips

- When slicing the top off the peppers, no need to waste the top, just discard the green stalk.
- When preparing the chilli, wash your hands straight afterwards and do not touch your eyes, as the seeds can sting.
- If you like it really spicy use the seeds from the chilli too.
- Don't be tempted to over fill your wrap as it will be hard to roll and the filling will fall out!

Prepare now, eat later

- The Quorn can marinate in the spices in a covered bowl in the fridge for up to 24 hours before cooking.
- Try serving any left-over filling in a tomato sauce and serve with pasta. Reheat until piping hot.
- The salsa can be made and kept covered, in the fridge for 24 hours.